

Preventive Health Assessment (PHA) Requirements (found in OPNAV 6120.3 paragraphs 6-7) Screening - Counseling - Immunizations (Clinical Preventive Services)

Requirements are annual for all active duty members unless otherwise specified.
Document on DD 2766, DD2766C (if continuation sheet is needed) or other forms as specified in **red font**.

- ❑ Assessment Source(s) – a variety of sources may be used
DD 2766 Block 7. (1)
 - **Health risk assessment tool**
 - **Medical and personal history review**
 - **Physical examinations**
 - **Computerized medical databases**
 - **Service member interview**
- ❑ Blood Pressure measurement
DD 2766 Block 7. (4)
- ❑ Height and Weight measurement
DD 2766 Block 7. (2,3)
- ❑ Colorectal Cancer Screening (fecal occult blood test)
DD 2766 Block 7. (13)
 - **Annual test beginning age 50 (normal risk)**
 - **Annual test beginning age 40 (high risk for colon cancer)**
- ❑ Lipid Screening (total cholesterol/high density lipoprotein blood draw)
DD 2766 Block 7. (5)
 - **Routine screen (q 5 years) men beginning age 35; women beginning age 45 (normal risk)**
 - **Routine screen (q 5years) men and women beginning age 20 (if risk factors for heart disease, i.e. tobacco use, high blood pressure, diabetes, family hx)**

- CV (Cardiovascular) Risk Factors Screening (use PFA/PFT assessment, review risk factors, provide interventions as necessary for 12 month clearance, unless medical status changes in the interim)

DD 2766 Block 10. (i); Block 5.

- **Gender**
- **Family history**
- **Elevated BP**
- **Abnormal lipid profile**
- **Heart disease**
- **Smoking**
- **Diabetes**
- **Sedentary lifestyle**
- **Weight**

- Medical Readiness for Deployment – within parameters of health and mobilization readiness

DD 2766 Block 10.

- **Medical History (i.e. HIV, PEB)**
- **Administrative issues (i.e. EFMP, pregnancy)**

- Immunization Status – review for currency; administer if overdue; advise about future immunizations

Use SF 601

- **Influenza - annual**
- **TD (tetanus/diphtheria) q 10 years**
- **Hepatitis A and B**

- Occupational Risk and Surveillance – evaluate; review; schedule or arrange appropriate screening

DD 2766 Block 7. (19); Block 8.

- Female Specific Health Screening

DD 2766 Block 7. (10), (11), (12)

- **Pelvic exam**
 - Cervical cancer screening (Pap smear)
 - Annual (high risk or hx abnormal paps)
 - Q 1-3 years (no risk factors, with guidance from PCM)
 - Chlamydia screening
 - All sexually active women age 25 years or younger
 - Women over age 25 (if risk factors)

- **Clinical breast exam**
 - By provider for all women age 40-49 q 1-2 years
 - By provider for all women over age 50 - yearly
 - Instruct all women on self breast exam (SBE) techniques
 - **Mammography – order a screening exam**
 - All women age 40-49 q 1-2 years
 - All women over age 50 - yearly
 - Baseline mammography at age 35 (or sooner) for high-risk women with annual follow-up
- **Male Specific Health Screening (testicular cancer screening)**
DD 2766 Block 7. (16)
- **Teach or review TSE (testicular self-exam)**
 - Group setting
 - Individually at PHA
 - **Inform and counsel high risk men (hx of cryptorchidism or atrophic testes) age 17-39 years a about screening options:**
 - Clinical testicular exam by a health care provider
 - Continue performing TSE
- **Counseling**
DD 2766 Block 5.
- **Health promotion/CPS – target individual risk factors (use USPSTF recommendations)**
 - Diet/Exercise
 - Dental health
 - Tobacco/substance abuse
 - Skin cancer prevention
 - Heat illness prevention
 - Physical/sexual abuse
 - Injury prevention
 - Suicide/violence prevention
 - **Family planning, contraceptive counseling, STD prevention counseling – when appropriate**
 - **Medication/supplement use – discuss safety issues, drug interactions, health impact**
 - Prescribed and OTC meds
 - Nutritional supplements
 - Ergogenic aids
 - Herbal agents